

Vinegar Soaks

In some situations we recommend vinegar soaks to calm irritation and reduce bacteria on the skin. This solution acts as a mild antibacterial and can help decrease drainage and sensitivity.

Recipe:

- Boil 4 cups of sterile water.
- Add 1/2 cup of white vinegar (new bottle if possible).
- Let the mixture cool until warm.
- Store the vinegar solution in a clean glass jar and in the refrigerator.
- The mixture may be kept in the refrigerator and re-warmed before each use for comfort.

How to Use:

- Re-warm the mixture before each use for a more soothing effect.
- Soak a clean gauze pad or washcloth in the vinegar mixture.
- Apply the compress to the irritated area for **5–10 minutes**.
- This may be done **2–3 times daily** as needed.
- Pat dry after your soak and apply moisturizer or ointment, unless otherwise instructed.

When to Call: If you experience burning, worsening redness, increased drainage, or worsening pain, please discontinue the soaks and call our office.